



# UNITY PRIMARY SCHOOL

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Dear Parents

How time flies! We are nearing the end of Term 2 and the start of mid-year school holidays. The following are some updates for Term 3:

## 1. School Holidays & Term 3 Key Activities

Day/ Date	School Holidays/ Celebrations
Mon to Thu, 2 to 5 Jun 25	Remedial Lessons for selected P1 to P6 Students. Parents will be informed via PG.
Mon, 30 Jun 25	Start of Term 3
Mon, 7 Jul 25	Youth Day School Holiday
Fri, 8 Aug 25	National Day Celebrations • School Hours: 7.30 am – 10.30 am
Mon, 11 Aug 25	School Holiday (day off-in-lieu for National Day)
Wed & Thu, 13 & 14 Aug 25	PSLE Oral for P6 students • No School for P1 – P5 students
Thu, 4 Sep 25	Teachers' Day Celebration • School Hours: 7.30 am – 10.30 am
Fri, 5 Sep 25	Teachers' Day School Holiday
Sat to Sun, 6 to 14 Sep 25	School Holidays
Wed to Fri, 10 to 12 Sep 25	Remedial Lessons for selected P1 – P6 Students. Parents will be informed via PG nearer the date.
Mon, 15 Sep 25	Start of Term 4

## 2. Mid-Year Travel Declaration Reminder for Students

Please be reminded that all students are required to submit their travel declaration via Parents Gateway if **they intend to travel during the mid-year school holidays**. Kindly ensure that the declaration is done at least 2 weeks before the start of the holidays.

### 3. Parents Gateway (PG)

Please be reminded that Parents Gateway (PG) is a one-stop portal and channel for school-home communication. With the PG App, parents can at anytime, anywhere access all school announcements and consent forms for your child's activities.

Please read and retain such information promptly so that you can keep abreast of the details such as date, duration, dismissal time and venue of your child's school activities. To avoid inconveniences, we seek your co-operation to convey such pertinent information within your household so that the caregivers/ helpers do not have to call our staff/ teachers unnecessarily.

### 4. Student Details Form (SDF) Portal

This is a reminder that the details of your child/ward may be updated via SDF Portal. This includes information such as the residential address, medical/SEN conditions and special precautions of your child, etc. With your Singpass, you can access this link <https://pg.moe.edu.sg/forms/sdf> or the attached QR code to do so for your child/ren in a timely manner. Do inform the form teachers immediately of any changes and submit the relevant supporting documents to them promptly.



### 5. School Calendar of Events

Please refer to this link <https://www.unitypri.moe.edu.sg/parents-matter/School-Calendar/permalink/> to access live and updated information on the school website. Do also take note of the dates for weighted or year-end assessments for the level your child is in.

You may also add the school's COE to your personal Google account for ease of retrieval.

### 6. Arrival & Dismissal

We seek your support in reminding your child/ward to arrive at school on time. Lessons begin at 7:30 a.m. each school day, and students are expected to be seated by this time to start class promptly.

Arriving late puts students at a disadvantage, as they miss important learning experiences and the opportunity to begin the day with their peers.

Establishing good routines, including punctuality, is essential in developing life-long habits. We appreciate your support in ensuring your child/ward leaves home early enough each morning to arrive at school on time and minimise disruption to their own learning and that of others.

### 7. Scheduled Hair & Attire Check

In reinforcing the desired behaviours and the importance of being properly attired in school, we will be conducting student hair and attire check on **Mon, 14 Jul 25**. For students who have gotten new school or PE shirts, they are required to place an order for new name tags. Personal name tags are to be ironed onto the pockets of all school shirts and PE T-shirts. Name tags must be above the school badge. Orders can be submitted at <https://www.myuniformshop.com.sg/name-tag-order>

We would also like to remind all students and parents that ornaments and jewellery (except small and simple ear studs/earrings for female students) **should not** be worn, as they could pose safety issues during physical activities.

Please refer to the school rules on school uniform, placement of name tag, appearance and code of conduct in the Student Handbook. We appreciate your guidance of your children to be neat, well-groomed and disciplined students all the time.

### **8. Visual Screening & Temperature-Taking**

To maintain schools' preparedness to re-activate the attendance and temperature-taking regime should the need arise and educate students on personal responsibility for their own health and social responsibility, MOE will be conducting the Temperature-Taking Exercise every semester.

The temperature-Taking Exercise for Semester 2 will take place on **Wed, 9 Jul 2025**. Kindly ensure that your child's thermometer is in working condition and he/she has the thermometer in his/her bag daily. We seek your assistance to replace the batteries of the ODT or buy a new one if his/her ODT is not working.

### **9. Safety Drills**

The school conducts physical safety drills to maintain its preparedness in times of emergencies and raise baseline competency and awareness in students and staff. The school will conduct a class-based haze drill in Term 3 Week 3 and a lockdown and evacuation drill in Term 3 Week 7. Students will be briefed before any emergency exercises are conducted.

### **10. No Right Turn for Vehicles Exiting School during Peak Periods**

Please be reminded that vehicles exiting the school between **6.30 am to 7.30 am** are not permitted to turn right. All vehicles must turn left during this time to ensure a smoother and safer traffic flow. We seek the cooperation of all drivers in adhering to this regulation which is in place to help reduce congestion on the road outside.

### **11. Cyber Wellness (CW)**

The school remains steadfast in our commitment to foster a safe and balanced digital environment for our students. Building upon our Term 1 initiatives, we aim to address emerging cyber wellness concerns pertinent to primary school students in Singapore.

#### Understanding the Risks of Excessive Screen Time

Recent studies have highlighted the adverse effects of prolonged screen exposure on children's development. Notably, a study by the National University of Singapore found that infants exposed to excessive screen time exhibited differences in brain function persisting beyond eight years of age. Moreover, the prevalence of myopia among children has surged, with one in three children becoming short-sighted post-COVID lockdowns. This trend is attributed to increased screen time and reduced outdoor activities.

#### Navigating Online Gaming & Digital Interactions

The rise in online gaming platforms such as Roblox, Minecraft and Fortnite has introduced new challenges. While these platforms offer entertainment and social interaction, they also expose children to potential online predators and inappropriate content. A report by Thorn

revealed that 25% of minors experienced online sexual solicitation before age 18.

To mitigate these risks, we recommend the following:

- Open Communication: Engage in regular discussions with your child about their online activities.
- Active Participation: Play games together to understand the platforms and identify potential risks.
- Monitoring Tools: Utilize parental control features to oversee your child's online interactions.

#### Enhancing Parental Controls & Supervision

Effective parental supervision is crucial in ensuring children's online safety. The Infocomm Media Development Authority (IMDA) mandates that Internet Service Providers in Singapore offer parental control services. You may consider the following resources to filter content and monitor usage:

- Google Family Link: Manage your child's device usage and app installations.
- Apple Family Sharing: Monitor screen time and set content restrictions on Apple devices.
- Microsoft Family Safety: Track your child's digital activities across Windows and Xbox platforms.

#### Resources for Parents

To further support you in guiding your child's digital journey, we recommend the following:

- [Practising Cyber Wellness](#)
- [Healthy Screen Time for your Child](#)
- [A Parent's Guide to Keeping Children Safe & Smart Online](#)
- [Tools & Resources for managing online safety](#)

#### Collaborative Efforts for a Safer Digital Environment






We encourage parents to:

- Set Boundaries: Establish clear rules regarding screen time and online activities.
- Lead by Example: Demonstrate balanced digital habits in your daily life.
- Stay Informed: Keep abreast of the latest digital trends and potential risks.

By working together, we can empower our children to navigate the digital world safely and responsibly.

## **12. Physical Education Messages**

You may click the hyperlink or scan the QR code to access the PE Messages for each level.

<a href="#">P1 Term 2</a>	<a href="#">P2 Term 2</a>	<a href="#">P3 Term 2</a>	<a href="#">P4 Term 2</a>	<a href="#">P5 Term 2</a>
				

### 13. Nutrition & Physical Health

We would like to remind you of the importance of fostering healthy habits at home, especially in terms of your child's nutrition and physical activity levels.

Childhood obesity can lead to various health issues later in life. Therefore, it is crucial for parents to take an active role in ensuring your child eats healthily and engages in regular physical activity.

To encourage healthy eating habits, follow the *HPB My Healthy Plate* recommendations. Ensure your child fills half of the plate with fruits and vegetables, a quarter with whole grains and a quarter with lean protein. To make healthy eating more fun and engaging, you can involve your child in planning and preparing their meals and snacks.

In addition to healthy eating, regular physical activity outside school is essential. Activities such as biking, swimming, hiking or playing sports with friends and family help improve your child's overall health and reduce their risk of obesity. Spending time in nature also brings positive effects on mental and physical well-being. Do spend time exploring with your child the many beautiful nature parks around Singapore this holiday!

Finally, if your child is struggling with obesity, it is important to work with your family doctor or paediatrician and PE teacher to develop a plan for managing his/her weight. This may include setting goals for healthy eating and physical activity, monitoring progress and seeking additional support if needed.

The following are the QR codes to some resources you can explore:

				
ActiveSG Programmes	HPB Healthy Living	Nparks Learn by Playing in Nature	TimeoutSG	Honeykidsasia

Persevere with your ongoing efforts in promoting healthy habits for your child. Together, we can help your child grow up to be healthy, happy and successful.

### 14. Healthy Living Festival @ North West 2025 from Fri to Sun, 30 to 31 May & 1 Jun 25

Back in its third year, Healthy Living Festival @ North West kicks off with a month-long campaign - SG60 Healthier Together Movement, to celebrate Singapore's birthday through wellness by inviting everyone to come together and collectively clock 60,000 km through running, swimming, walking and cycling.

The 3-day festival comes jam-packed with pop-up fairs, food and drinks booths, live performances, family-friendly games, sports activities and free try-outs by North West Healthy Living Clubs such as FitnessX (Zumba, Kpop Fitness), Dance-Fit, Qigong and more! You may register your participation via the QR code or via <https://go.gov.sg/hlf25-rsvp>.



**15. Meaningful Engagement during Holidays**

We want to emphasize the importance of closely supervising your children and actively engaging them during the upcoming long break. This will help ensure they avoid getting into mischief, bad company or engaging in any unlawful behaviour, both online and offline.

Wishing you a fun and refreshing time with your family and loved ones over the holidays. We look forward to welcoming the students back to school on Monday, June 30, 2025.

Yours sincerely  
Mrs Lee-Koh SC  
Principal